



# fresh

MAY-JUNE 2007

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Everyone's favorite night of the week just got better

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Throw a party —  
meet our garden menu  
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It's Time for the Troops  
Try these new salad ideas  
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**I look forward to picking up Hamanishi fresh ingredients and trying new salads, soups, or entrées. The Hot and Sour Tofu Stir-Fry in the January/February issue was excellent. "The Hamanishi Inspiration" Roasted Red Pepper Spread, lime and pork, and pepper flakes and both great, ginger was covered the flavor of this soup and warming meal.**

**LEE KAHN**

San Jose, CA

**Rate:** Thanks for keeping you busy new flavors are one of our goals. In this issue "Food Lovers' Favorites" for example, you can try new combinations to recipes adapted from some traditional favorites in the Philippines. You can find other Asian-inspired recipes from the "Inspiration" column of the January/February issue in [www.hamanishi.com](http://www.hamanishi.com)

**Thanks for the timely holiday issue of Hamanishi fresh.** The article on how to plan an easy holiday feast was the sixth issue. I was planning a large party and the article emphasized the need to keep it simple. The recipe page was a bonus for me!

**GEORGE JAVIERA**

Los Angeles, CA

**Rate:** For ideas on pulling together a spring gala, [www.hamanishi.com](http://www.hamanishi.com) has a look at "Gala Party Celebration" on page 58.

**For years my mother has been a fan of your magazine. I would also pick up the magazine at the Hamanishi in Kingston, Mass. but never had the time to make any recipes. I finally read the January/February issue and got straight up on the "Grand Board" article — and I started making food this night. The Soups and Spreads Stuffed Cheese Bread is well as the Curry Prati Bread with Green Curry and great. Just one remark, however it is disappointing that only the recipes for the Hamanishi Inspiration have come in the handy index card format. They are perfect in the Hamanishi Recipe Box given to me by my mother, which she got at the Aloha MHI store opening. Perhaps fresh would consider printing all the excellent recipes in**

the format. Thank you for understanding my baking habit!

**CLAUDIA DEBENE MULLERY**

San Jose, CA

**Rate:** All appreciate the fresh and your great suggestions. Claudia, you can find salads and soups available in card format throughout our store. Also check out our online recipe at [www.hamanishi.com](http://www.hamanishi.com) click on "All About Food." We're delighted that you were inspired to try something new and are keeping the recipes for future culinary adventures!

**When I moved out of New York City, I was afraid I would lose a fantastic looking green goddess. I was happy to discover Hamanishi. Your store made my transition from city to "country" much easier. Thanks! I would love the opportunity to submit my recipes for publication in Hamanishi fresh. Please let me know how to proceed!**

**LU ANN WALTON**

San Jose, CA

**Rate:** Thanks, Lu Ann. We're glad the selection at Hamanishi is coming to support your creativity in the kitchen. And we're glad you're sharing your recipes with our readers. If you'd like, we'll consider for "Food Lovers' Favorites" please send us a recipe or two at [feedback@hamanishi.com](mailto:feedback@hamanishi.com). We look forward to hearing from you!

**Editor's Note:** The photo credit for Ben Hoag, President and CEO of Hamanishi Inc. has been moved from March/April issue. The photographer is Scott Edwards. We apologize for the oversight.

## We'd Love to Hear From You!

Please e-mail your comments, suggestions, and feature requests to [feedback@hamanishi.com](mailto:feedback@hamanishi.com) or send magazine feedback to: P.O. Box 1000, Portland, ME 04104. We want to include your name, address, and daytime phone number. Comments will be edited for length and clarity. We cannot be responsible if a comment is omitted, and we cannot guarantee that all comments will be published. Please send your comments to [feedback@hamanishi.com](mailto:feedback@hamanishi.com) or call 1-800-235-7640.

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### GARDEN PARTY CELEBRATION

May still feels on cusp of celebration. With the warming weather and budding flowers, what better way to celebrate than gathering the family outdoors for a special lunch? By Kimberly Hayslett



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### PIZZA WITH PIZZAZZ

When you make your own pizza, the only limit is your imagination. We offer recipes from basic to creative, with lots of ups and downsides. By Catherine Weidner



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### BACK TO SQUARE ONE

Big cookies are delicious, delicious, delightful to behold—and easy too. Sample the lovely square in fruity chocolate and nutty chocolate. By Andrea Pymore



Visit us online at [www.hartmanal.com](http://www.hartmanal.com) for even more great recipes, tips, and ideas developed just for you. Love it? Good! Love it?

ON THE COVER: Enjoy a sunny day at one of our favorite outdoor spots. And don't forget to try our new recipe for the perfect pizza. Photo: Jeffery Hayslett

## departments

### 5 LOSS FOR THOUGHT

Introducing two new columnar ingredients: bread and olive oil. Also: the low-down on eating and storing fresh herbs and fermented recipes.

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To celebrate the second anniversary of the *Harvard Impression*, we've asked with three experts to find out how these products go from conception to the shelves of your nearby store.

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Harvard's favorite food: Harvard's favorite food. Recipes from our native Philippines to American ingredients.

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Nothing says spring like a salad. Add from your choice, and Harvard's inspiration: dressing for a truly happy meal.

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Wine is a natural partner to food, and Harvard's Place® products are the perfect place to begin.



## All About Herbs

Need to brighten breakfast? Add zing to supper? Scroll over to our Produce department and pick some **Fresh Herbs** for your kitchen. You'll find we have an amazing variety.

**Recipe tip:** Use fresh, delicious herbs (for dried, use a 3-to-1 ratio). For example, if a recipe calls for 1 cup dried oregano, use 1 1/2 cups fresh. To use, strip leaves from stems and chop or mince just before adding to a dish. Most herbs are best when torn, not chopped. Add most fresh herbs (except for onion, dill, and asparagus) at the end of cooking to retain flavor.

**Storage tip:** To store, wrap material herbs loosely in loosely damp paper towels and in a zipper bag, and refrigerate. For leaf and stem, wrap in towels, but then place the stems down in a jar of water, sealing the open end of a plastic bag at the bottom of the jar with a rubber band. Store so your fresh herbs last anywhere from three days to one week.

**Let's use them:** Fresh basil leaves go in soups, pasta, chicken, meat, and poultry all make terrific pesto. Try chives/parsley/dill/parsley and dill/lemon (and no potato) with a little bit of oil and they'll make a delicious sauce perfect for poultry, fish, or pasta. Or chop herbs and sauté them with garlic under cover until soft, add into a bag, and freeze place them under chicken skin or atop grilled fish, baked potatoes, or steamed vegetables.

The chart on the next page will awaken your palate to the culinary possibilities.

## It's Greener on the Hannaford Side of the Fence

It's not every time you open a bag of Hannaford rice that you find a lot of goodness. For more than three decades, we've been meticulously recycling—creating up a leader in environmental sustainability. Hannaford now recycles more than 561,000 items of waste every year: your newspapers, from composted organic waste to paper and packaging, used electronics, appliances, and even inkjet cartridges. Hannaford is serious about recycling.

At 14 of our stores, we're piloting the food-to-food program and food banks in their communities and organic materials local farmers for animal feed. We encourage bag recycling at all our stores by selling handy reusable fold-a-bags and other reusable bags and by having a recycling bin for customers to deposit their used food bags.

Recycling isn't the only effort we're making to improve the environment. Back in the early 1990s, we got serious about saving energy in our stores, now the overall energy used in every Hannaford store is 40 percent lower than the average for all U.S. supermarkets (as ranked by the Environmental Protection Agency).

We're also proud of our long-standing tradition of working with our farmers, fishermen, and suppliers. This commitment to partner the environment because that isn't being used to ship products over long distances. But it's a good for the local economy—and most important, good for our customers who benefit from fresher, fresher food.

All Hannaford, we're teaming up a lot for a better future. That we're always looking for ways to reduce our impact on the environment.





**INGREDIENT INSIDER: OLIVE OIL**

[illegible]

**Gluten:** Wheat is a naturally variable and very ancient (40,000-year-old) plant. It is not actually a grain, but a seed like the rice in last question. It helps the protein of most grains and contains all 22 amino acids making it a complete protein. It's high in calcium, magnesium, vitamin E, phosphorus, iron, and B vitamins, and low in sodium. It's a perfect food for people with diabetes, asthma, and heart disease.

Make that opinioners located within supports in natural mixed riparians, while water is inoperative shows it better packaging. It will best to make guess because the difference of water it can impact a scope tests. Below we under running water. I have wild for your cooking pot. (note: I put online in 2 parts but I agree) (note: and value in a small number: all seem important)

books are they, so that I have a few more close under my arm when I get out to your cooking pot. Another one or two quickie coffee books – combine 1 part coffee to 2 parts hot liquid (stronger) and I'll be in to eat my fill. Since we cannot afford a special coffee, it seems reasonable.

## Kids' Corner

Coaching with power <https://www.kimberlydavis.com/2018/05/01/coaching-with-power/>

What it comes to flapping with a fully proffered wing the "Power Stroke" with the head that holds the respiratory. Curl your fingers under and then you're in the way of the body blade.

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This garden is also a refuge with vegetation. There are a wide variety of trees, shrubs, and herbs. For landscaping, use plants that are native to the area, and avoid using plants that are invasive.

- [illegible]

5. Place a large heavy collared newspaper or mat over medium-high heat. When hot, add oil and onion, pepper, garlic, paprika, and very small and small chili seeds to cook until golden brown, about 15 minutes.
6. Add kale and cook until just wilted, about 5 minutes. Add paprika, tomato, onion, salt, pepper, and water and bring to a boil. Boil until the kale covers and cooks with tomato & liquid, about 15 minutes. Serve immediately.
7. Remove spinach from heated beans and combine with slivered, cooked

APPROXIMATE NUTRITIONAL VALUES PER SERVING:  
1-1/2 CUPS (300g) 160 CALORIES 16g CARBOHYDRATE 1g FIBER  
14g FAT (10 SATURATED) 10g CHOLESTEROL 100mg  
SODIUM 10g PROTEIN



# Everyday Inspirations

Homestead insiders tell the story behind their favorite products

BY CHRISTOPHER FOX PHOTOGRAPHY BY KIM TAMPON KODAK

**S**ometimes a idea more than the most inspiring food, the most creative, tastiest course, and the highest quality means to speak poetry in the kitchen. It takes inspiration—aka a capital I—and you'll find lots of that in Homestead Inspirations' products. Introduced in June 2005, choices ran the gamut with everything from an art board to Angus beef to salad dressings, fruit spreads, salsas, and sponges. Inspirations' products have been developed as a line of handcrafted foods that provide everyday adventure and culinary indulgence for art connoisseurs, says Homestead Marketing Vice President Carol Elmer. Sharing Elmer's professional and personal enthusiasm for Inspirations are Kristin Hanson, Vice President of Product Merchandising, and Ted Poyer, Vice President of Customer Relationship.

**How did the inspirations line get started?**

**EE:** The concept of developing a high-quality private label goes back to late 2003. We did research, came up with a name, a concept, and the characteristics of the line by 2004.

**TP:** The original idea was to develop products that combine handmade and make themselves unique. Then it was a matter of developing variety, and releasing them.

**Why do you think customers love this so much? Is it the quality?**

**EE:** While Inspirations products sit on store shelves and make delicious meals, customers like the line is also an excellent part of the journey.

**TP:** We've given our customers foods that are comparable to the unique, premium quality items they'd find at specialty stores.

**What was the first product? And how has the line developed and expanded?**

**TP:** We started with the most delicious food name Homestead sells, and we wanted to serve and build on the way customers use them. For example, we looked at art Angus

steak, and asked, "what's a good grilling sauce?" For our breads, "what kind of playing role should we raise?" We focused on adding quality ingredients and taste.

**What's so special about these products? And how do you evaluate them?**

**EE:** For us, it's not to become an Inspirations product. It has to meet at least one of a lot of specific criteria. For example, quality ingredients be one of the primary or exclusive to Homestead, unique specialty ingredients, packer and the highest quality natural brands.

**EE:** We have a rigorous taste testing process. Many Inspirations products are made in small batches with numerous trials by creative connoisseurs.

**TP:** Flavor profiles also make the products stand out. For example, Two Raspberry and Raspberry Fruit Spread, Cranberry Mustard, Sausage-Ginger Soy Fry Sauce—these are really special, really delicious flavors.

**What feedback have you received from customers?**

**TP:** I was writing to her to wish one of my daughter's plays, and I was having a conversation about work, specifically about Inspirations. Our mission was to develop the line, and she told me she was excited to start shopping in the store because of the Inspirations products.

**EE:** We've had a tremendous response to the whole line. The history of Homestead has been one of listening carefully to customers. We read every comment we get.

**TP:** People love the products and always want to know and share how to use them. We provide recipes in each case, of course, and have lots of recipes in stores to give customers ideas.

**How many inspirations products are available?**

**EE:** Homestead. As far as fresh products go, we introduced the one on artisan bread, like



In the Dots, we introduced some popular items—like turkey and root beer—and added more experimental products, like Italian turkey breast and jalapeño cheese. Since adding Inspirations, we've seen tremendous growth in these sales.

**What's the one Inspirations product that's not to be missed?**

**EE:** The fruit spread. If you're having company over, spread the Two Raspberry fruit spread on the "wings" in a puff pastry then bake it in the oven. Your guests will love it.

**EE:** Lemon Salsolito. It has the brightest flavor. Last year, we added a lot of salsolito to our plates made in small batches from imported ingredients. Salsolito is created by an Italian chef who has a restaurant in the mountains of Tuscany.

**What are customers inspired from the Inspirations line in the future?**

**EE:** We'll continue our overall offering by adding items all the time, especially seasonally available items, such as pumpkin butter.

**EE:** We're looking at a really yummy, delicious and delicious protein bar, a healthy snack. We'll have new companies and lots of good eating ideas.

**TP:** In the future, the flavor profiles will change to reflect what you see in restaurants and will include more flavors from around the world.

# When in Maine...

Lory Tibbets adjusts to American cooking

BY MEGHAN ROWLEY LITTLE

**A** lthouse makes the heart grow fonder in a familiar place, and it's one that holds true for Lory Tibbets, who moved to Ashland, Maine, in 2005. She longed for the flavors of her native Philippines, but had trouble finding

Filipino recipes and ingredients to satisfy her cravings. With no grocery store and the closest Filipino grocery store one hour away, Lory had to be resourceful.

She began searching online for recipes and for places to buy authentic ingredi-

ents. In an effort to connect with other Filipinos, she started a blog under the name *Making Kanners* in 2004, with a focus on her taste a cuisine. "Making is a term for older men and a term of endearment in the Filipino community. Kanners refers to one who works in the kitchen," Lory explains. Successful in reaching foreign cooks with American husbands, Lory's spaced blog has inspired many others to turn their own cooking journals and share their recipes.

Over time, Lory discovered that some American products make cooking more efficient than it was back home. "Before, if a recipe called for coconut milk, I used to strain the milk from the coconut shell," she says. "Now, you can use canned coconut milk, which certainly saves time." Time is just one of the challenges for Lory, a busy mother of three. Her biggest hurdle: making every dinner that satisfy her husband's picky palate. "I try to marry traditional Filipino dishes with American cooking," she says. Constantly experimenting with ingredients that appeal to her husband, she creates recipes and tests them on him and on her in-laws. "If I get two comments, I share recipes with Filipino friends who also have American husbands," Lory says.

One locally favorite, beef *pinoy* (a ground beef in a sweet brown sauce), is Lory's go-to version of a favorite meaty stew (also served in the Philippines). Lory explains that *pinoy* means pin, and the juicy tender beef is always paired with rice. "While the sauce is served first in the Philippines, I have tweaked it to come up with a thick sauce, which has more appeal to the Westerner palate of my in-laws and husband," she says.

Lory suggests couples, regardless of experience, to attempt new things. "When

PHOTO COURTESY OF LORY TIBBETS



trying various recipes and methods, "I still have the recipe for bad cooking," she says, adding that keeping notes is helpful when experimenting. "It may take several tries, but you will achieve the same you're going for."

"Most important, keep encouraging everyone not to judge dishes solely by their looks," particularly impression dishes. "It's really a step away from something that's nutritious and tastes as good simply because it may not be attractive," she says. Just try it — you might like it.

## SLOW-COOKED BEEF PAIES

(SERVES 4)

ACTIVE TIME: 15 MINUTES

TOTAL TIME: 8 HOURS, 30 MINUTES

Thick-cut beefsteak steaks in pot roast style. Not all slow cooks will work, making pot roast.

**Note:** You'll need a 3-quart or larger slow cooker.

### Ingredients

1. 1 lb. 10.5-oz. beefsteak (top round)
1. 1 cup vegetable oil
1. 1 cup butter
1. 1 cup. Cheddar (1/2-cup) powder
1. 1 cup red wine vinegar
1. 1 cup reduced sodium soy sauce
1. 1 cup rice wine vinegar
1. 1 cup. (1/2-cup) mustard
1. 1/2 cup. freshly ground black pepper
1. 1/2 cup low sodium beef broth

### Instructions

1. 1. Top: light brown sugar
1. 1/2 cup reduced sodium soy sauce
1. 1/2 cup. Worcestershire sauce
1. 1/2 cup. cornstarch
1. 1 cup. (1/2-cup) oil
1. 1/2 cup. (1/2-cup) oil
1. 1/2 cup. (1/2-cup) oil
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1. 1/2 cup. (1/2-cup) oil

1. Prepare beef: Heat oil in a large heavy pan on medium heat. Add beef and brown on all sides (about 3 to 5 minutes per side).



2. While beef is browning, add bay leaves, onion powder, red wine vinegar, soy sauce, rice wine, garlic, and pepper to a slow cooker. Stir and well blended. Set meat on top of mixture and cover to cook both sides. Pour beef broth on top of meat. Cover and cook on low for 8 hours.

3. Turn off slow cooker. Carefully remove meat from slow cooker and place on a plate. Stir cooking juices through a sieve and discard solids. Return meat to slow cooker and cover to keep it warm while you prepare sauce.

4. Transfer cooking juices (there should be about 3/4 cup) into a fat separator. Pour out juices, leaving fat. Into a small saucepan add a 1/2 cup brown sugar, soy sauce, and Worcestershire sauce. Over medium-high heat, bring to a boil. While remaining sauce boils, water and slowly pour mixture into sauce pan, stirring constantly in a circular motion. Mixture will thicken quickly as it boils. Turn off heat and use as sauce oil.

5. Place beef on top of a serving platter. Remove meat from cooker and place on a cutting board. Thinly slice meat against the grain and place slices on top of beef. Pour sauce over slices. Garnish with onions.

1. 1/2 cup. (1/2-cup) oil
- 1. 1/2 cup. (1/2-cup) oil
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## SUPPER-HARDBOILED CAJUN

(SERVES 4)

ACTIVE TIME: 15 MINUTES

TOTAL TIME: 30 MINUTES

Long describes the recipe: a chicken salad with a mixture of two Filipino recipes and then flavors in the protein. I like to serve on the fish. She adds a New England touch by topping the dish with coleslaw sauce.

**Note:** This recipe calls for fish since a small amount of oil and in Asian cooking. Fish sauce is only used made from fermented fish. We can find it in the store with Asian ingredients.

1. 1/2 cup. (1/2-cup) oil
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1. 1/2 cup. (1/2-cup) oil

## FOOD LOVERS' FAVORITES

- 1 (7-oz.) bag, refrigerated dairy spinach
- 1 lb. hamburger, cut into 3-inch chunks
- 10 frozen croissants

1 Heat oil in a large soup pot over low flame. Add garlic and onion. Cook and stir until fragrant, about 1 minute. Add onion. Cook until onion is translucent, but not brown, about 3 to 4 minutes. Add fish sauce and let it sizzle about 30 to 60 seconds.

2 Add coconut milk and water to pot (skip OK if coconut milk has separated). Stir until smooth and bring mixture to a boil. Add black pepper, spinach, and fish. When spinach has begun to wilt, about 30

seconds, gently stir again. Cover and cook for 5 minutes. Gently stir again. Fish will be cooked through and sauce will be thick.

3 To serve, fold croissants into an soup bowl and crumble those croissants over each bowl.

APPROXIMATE NUTRITIONAL VALUES PER SERVING:  
PER CALORIES: 400; CARBOHYDRATE: 20G; PROTEIN:  
20G; FAT (60% SATURATED): 10G; CHOLESTEROL:  
100MG; SODIUM: 100 MG

### LECHE FLAN

SERVES 4

ACTIVE TIME 30 MINUTES

PREP, COOK & SOAK 3 HOURS

Flan is a popular Spanish dish, and for a long time, centuries until 1990, the Philippines was ruled by Spain. This became Filipino dessert reflects the Spanish influence on Filipino cooking.

- 1 cup sugar
- 4 eggs, beaten
- 1 (14-oz.) can condensed milk
- 1 (14-oz.) can milk
- 1 (14-oz.) can evaporated milk

Fresh raspberries for garnish (optional)

1 Preheat oven to 325°F.

2 In a small, heavy saucepan over medium heat, cook sugar, stirring once or twice until it melted and golden, about 10 to 12 minutes. Whisking quickly and carefully pour caramel into an 8-inch round cake pan, tilting to coat bottom and sides.

3 Put eggs, condensed milk and vanilla into a medium bowl and whisk until smooth. Using a wooden spoon, stir in evaporated milk. Pour into sugar-coated pan.

4 Place pan, uncovered, into a larger and deeper baking pan. Then add hot water until water reaches halfway up sides of pan containing flan. Bake for 50 to 60 minutes until middle of flan is set and wiggly like jelly, but not liquid. If flan isn't set, continue baking, checking at 5-minute intervals.

5 Carefully remove flan from water bath and place on a wire rack to cool for 30 minutes. Chill for at least 8 hours in refrigerator.

6 To serve, run a knife around edges of flan to separate it from pan. Place a plate or larger plate on top, hold it in place, then invert. Flan should be released onto plate. The bottom now becomes the top, which is golden brown with caramel dripping all around. Slice and serve using a spatula. Garnish with fresh raspberries. If desired,

APPROXIMATE NUTRITIONAL VALUES PER SERVING:  
PER CALORIES: 400; CARBOHYDRATE: 20G; PROTEIN:  
20G; FAT (60% SATURATED): 10G; CHOLESTEROL:  
100MG; SODIUM: 100 MG

Have a favorite recipe? Please share it - you could be featured in Food Lovers' Favorites. Just email: [foodlovers@earthlink.net](mailto:foodlovers@earthlink.net).



Peek up your summer table with Harrold International's dressings and greens

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**Baby Spinach, Baby Bokchoi, Herb Salad, and Spring Mix** are great landscaping plants for your table. If you're willing to stand outside the herb, it's a whole green world out there. Luscious stalks of oak leaf, curly end leaf, and curly green leaf add color, size, and to taste, serious flavor and Baby bokchoi pair well with delicate flowers, cucumber, and anything you're used to growing. *Cruciferae* Adding new lettuce greens, such as Belgian endive, radicchio, and Chinese caps cabbage (great for shredding at dinner or restaurant). (Use a pungent aroma) makes salad more on top and take home. This is a handful of fresh herbs (see page 8) and 75 for salad, more

When you want to go beyond a simple salad of mixed greens, vegetables are a chance to shine. Think zucchini, pea — if you're adding some extra nutrients, dried beans are what you want, while whole corn or grape tomatoes provide a different texture. Cucumbers could be sliced rounds, or sliced with seeds removed. Add small pieces of broccoli heads with dried peas. Grated carrots provide a beautiful orange, while corn, corn provides more concentrated red. No? Try adding unexpected veggie such as sliced zucchini, more tomatoes, dried peas or a handful of beanitos, beans, corn, or corn.

Cherish meals on warm flaky and savory breads to a salad. Consider the feel of creamy goat cheese, firm shoulder or lamb. Pair them like one, round cake or short, for different textures contrast with the greens and veggies. Consider the dressing: too rich fits crumbly textures, the dressing firm. Greek salad and fresh cucumber offers balance the sweet sour taste of balsamic vinegar.

Conventions prepared said groups include the Humanae Personae Policy Council.

**F**or sales that are summary and easily  
ing, we offer a convenient series of  
fresh seasonal products plus a unique  
ingredient you won't find anywhere  
else. Homestead's *Impressions*® salad dressings,  
Wahlberg's ranging from Blue Cheese to  
Mango Salsa Vinaigrette, these dressings make  
it easy to create delicious salads every day.

What makes a solid good? A balance of contrasts: both increase and ease. For example, you must strike a balance of

includes in the Indian-inspired Spanish Salad and salty shredded cheese halves the sweet apple in the Impassioned Chopped Salad. The dressing melts the salad into a harmonious whole.

There are several related guidelines we get from research:





A vibrant garden party scene. In the foreground, a rustic wooden table is set with various food items. On the left, there are several small sandwiches or sliders on a wooden tray. To the right, there's a bowl of colorful salad and a plate of bread. In the background, a large bouquet of pink and purple flowers is visible, along with a white pitcher and a glass. The overall atmosphere is bright and cheerful, suggesting a sunny day outdoors.

*garden party*



CELEBRATION



# Welcome Guests Outdoors on the Calendar's Most Pleasant Days

Locally, Mother's Day and Father's Day are celebrated during the delightful weeks of late spring and early summer. It's also prime time for parties and the prime season for weddings, showers, and engagement parties. Such celebrations as, other gatherings of friends and family have with accompanying food for a crowd. You can always host a spring get-together indoors but when the weather's lovely, consider a garden party.

"Garden" can mean any outdoor space — a deck, patio, or back porch can be an enjoyable setting for your event. Our Garden Party feature menu includes choices from delicious Chicken and Cheese Pasta to go-fish Mediterranean Chicken Kabobs to a to die for coconut cake. All our party-friendly recipes feature a measuring, the ahead-a-go. Note that each recipe makes enough food for 12 — if that's the only amount your guests are eating. If you serve several different dishes supplemented by one of our party platters, you'll have enough food for 15 or even 20 guests. Just make sure you've allowed for extra plates of china — some of your guests are sure to want seconds.

## Time to Plan

With a little planning, plus some help from our Dish department, your party preparations will be a breeze. Once you've picked the date and the guest list, set your menu. Don't feel pressured to do everything yourself. Showers and party buses are appreciated by children and adults alike. Hire an ang and cleaning firm for a covered terrace, and space consuming — pick up your many from plan to add to the buffet. Supplement the coconut cake with a plate of our popular cookies (see page 30 for more suggestions). If your guests offer to bring something, ask them to bring wine, sparkling water, a bag of ice, or a floral centerpiece.

One of the biggest challenges in finding a crowd is finding space in your garden. If preparing large quantities of food may require strategic hedge placements and hula hooping, just coordinate your menu and help yourself on track with a party "to do" list. Keep in mind that while late spring is a time to do a down-mend, for a big party paper and plastic are great options. Stock up on cheerful plates, napkins, placecards, and cups. And don't forget to strategically place trash baskets.

## Bringing the Garden Inside

The big day is finally here and you're exposed. Don't despair — people like to celebrate both indoors and out. Head to Hammond and pick up seasonal bouquets or potted plants in our Dish department to bring the garden inside. If your budget allows, hire a reliable manager to assist with cleanup so you can relax and enjoy the party.

## party planning checklist

- ☐ **1 WEEK BEFORE**
  - Confirm the date and time
  - Confirm the location
  - Confirm the guest list
  - Confirm the menu
  - Confirm the decorations

## 3 DAYS BEFORE

- ☐ **3 DAYS BEFORE**
  - Confirm the date and time
  - Confirm the location
  - Confirm the guest list
  - Confirm the menu
  - Confirm the decorations

## DAYS BEFORE

- ☐ **DAYS BEFORE**
  - Confirm the date and time
  - Confirm the location
  - Confirm the guest list
  - Confirm the menu
  - Confirm the decorations

## ONE BEFORE

- ☐ **ONE BEFORE**
  - Confirm the date and time
  - Confirm the location
  - Confirm the guest list
  - Confirm the menu
  - Confirm the decorations

## Party Day

## 4 HOURS BEFORE

- ☐ **4 HOURS BEFORE**
  - Confirm the date and time
  - Confirm the location
  - Confirm the guest list
  - Confirm the menu
  - Confirm the decorations

## 1 HOUR BEFORE

- ☐ **1 HOUR BEFORE**
  - Confirm the date and time
  - Confirm the location
  - Confirm the guest list
  - Confirm the menu
  - Confirm the decorations

## CHEDDAR AND CHIVE BISCUITS

SERVES 6 (YIELD: ABOUT 16 BISCUITS)

ACTIVE TIME: 30 MINUTES

TOTAL TIME: 35 MINUTES

These little gems are baked with bold cheddar and delicately flavored with chives. To help our party prep, the dough can be prepared one day in advance and refrigerated until you're ready to roll out and bake.

**NOTE:** If you don't have instant oats, use regular 1/4 cup oats and 1 flap when sifting.

**2%** cups all-purpose flour plus additional flour for rolling and cutting

1 flap pinch salt baking powder

1/2 cup salt

1/2 cup 1/4 stick cold-unsalted butter cut into small cubes

2 flaps vegetable shortening

1/2 cup grated sharp-cheddar cheese

1/2 cup finely chopped fresh chives

1/2 cup buttermilk

1/2 cup heavy cream

1 Preheat oven to 375°F. Grease two 8-oz. baking sheets with cooking spray or line with parchment paper.

2 Combine flour, baking powder, and salt in a large mixing bowl. Whisk to combine.

3 Add butter, shortening, cheese, and chives. Using a electric mixer on low speed, beat until flour mixture resembles coarse crumbs, about 45 to 60 seconds.

4 Beat in buttermilk and heavy cream. Beat on low speed just until dough starts coming together, about 20 to 30 seconds. Lightly flour a working surface. Remove dough from bowl and use your hands to pat it into a 1-lb. rough-disk size. Let dough rest for 1 hour, covered. (At this point, dough may be flattened into a disk and refrigerated overnight.)

5 Gently roll rolling pin with flour and spin

1-lb. dough disk over surface of dough ball. Dough will be about 1/2 inch thick. Use a 2-inch biscuit cutter to drizzle glass to cut dough. Cut biscuits very close together to use as much of the dough as possible from the first rolling. Transfer cut biscuits to prepared baking sheets and space to leave 1 inch apart. Repeat rolling and cutting to use up remaining dough.

6 Bake biscuits for 14 to 16 minutes. Alternate 1 cup halfway through baking. Biscuits are done when pulled and golden. Serve warm.

APPROXIMATE NUTRITIONAL VALUES PER SERVING

PER 1 BISCUIT: 120 CALORIES, 25g CARBOHYDRATE, 10g PROTEIN

(% DAILY VALUES) 100% WHOLEGRAIN, 100% BUTTER, 100% CREAM

100% SUGAR, 100% SALT

## BALSAMIC GRILLED VEGETABLES

SERVES 6

ACTIVE TIME: 40 MINUTES

TOTAL TIME: 45 MINUTES

Perfect for pump time, this beautiful platter of grilled vegetables is pleasing to the palate and to the eye. The veggies can be served hot off the grill or at room temperature.

2 sweet corn

2 summer squash

1/2 cup balsamic vinegar (or 1/2 cup balsamic vinegar)

1 red bell pepper, seeded and cut into 1/2-inch strips

2 zucchini, sliced lengthwise (1 1/2 to 2 to 3 inches)

2 portobello mushrooms, caps cut into 1/2-inch slices

1 red onion, peeled and cut into 1/2-inch slices

1/2 cup kosher salt

1/2 cup freshly ground black pepper

2 flaps finely chopped flat leaf Italian parsley

1/2 cup crumbled goat cheese or feta cheese

1/2 cup olive oil

1/2 cup balsamic vinegar

1/2 cup balsamic vinegar

1/2 cup balsamic vinegar

1/2 cup balsamic vinegar

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1/2 cup balsamic vinegar



CHEDDAR AND CHIVE BISCUITS



LAYERED NICOTINE SALAD WITH  
CUMBERLAND CIGARETTES

[illegible]

**Abstract**

An expert from Princeton and a former of John Chafe's, Eugene Soltes, is always a crowd pleaser. Popping up the individual elements ahead of time makes it easy to assemble.

**Warning:** The battery packs can be found in an unopened state.

## References

- 1/4 (Form.) package fresh dill
- 1/2 cup fresh lemon juice
- 1/2 cup low-fat mayonaisse
- 1/2 cup chopped shallots
- 2 Tbsp. Dijon mustard
- 2 tsp. molasses vinegar
- 6Lb. 1/2 cup anchovy paste
- 1 tsp. capers
- 1/2 tsp. kosher salt
- 1/2 tsp. ground black pepper
- 1/2 cup extra-virgin olive oil

1000

7. (X) *is* a long and petioleless structure and unpaired
1. *is* a green structure, with a flattened end, and 2 leaf pieces
4. *is* a 2-3 cm thick, packed in roots
3. *is* a thin, greenish-yellow piece
2. *is* a thin, yellowish stem end
6. *is* a leaf end
5. *is* a brownish-yellow, flattened, spiral end and with little green
8. *is* a flattened, brownish-yellow
9. *is* a green, greenish-yellow, having
10. *is* a light brown, flattened end and green in upper and lower

**1. Prepare dressing:** Measure out 1/2 cup of oil, lemon and soybeans remaining after the garnishing. Add measured oil and oil measuring chewing ingredients except for oil, to a blender or food processor. Turn processor on and slowly add oil mix then remove until dressing is emulsified about 1 minute. Put aside.

23. *Phragmites australis* is a native grass species and

Leave each in turn. Drain thoroughly. Light heat broiling in a skillet and cook until tender when passed with a fork on the top of a knife about 15 or 18 minutes. Serve well with cold water. Eat, two-½ each three times to cooled pans and save with ¼ cup. *Domestic*

24. While poaching, stir-cooking, fill a large pot 3/4 of the way full with water. Bring to a rolling boil over high heat. Add green beans and cook until barely tender—about 3- to 4 minutes. Strain beans in a colander and rinse with cold water (not cool). Drain beans well and use dry.

4. Drain curls and place in a small bowl. Gently mix in kosher salt, olive oil and red wine vinegar.

**B. Assemble the layers of the salad. Place lettuce in a large serving bowl. Top with**

4. Put green beans in the pot that held the potatoes, cover with 4-cup dressing, then place dressed beans on top of potatoes in bowl. Spoon tuna-over beans like a special to gently flatter, now. Top with olives and anchovies.



the bottom of the pan. (You may need to use two pans, if the pan is cup-shaped, and you wish to use such heat.)

2. Add mushrooms, squash, peppers and asparagus to pan along with vegetables. Add mushrooms and squash first. Stir in remaining ½ cup dressing over vegetables.  
See recipe for

4) Seasoning: with onions and cooking with red peppers, plant vegetables under grill. Depending on the size of your grill, you may have to grill in two batches. Close grill and cook for 4 to 5 minutes, until vegetables are well cooked.

8 Using tongs, turn vegetables and season with salt and pepper. Close grill and cook an additional 3 to 4 minutes until done.

11. Transfer asparagus, mushrooms and squids to a large platter. Follow with mushrooms, onions, and pepper. Garnish with parsley and cheese crumbles and serve.

APPROXIMATE PERCENTAGE VALUES FOR SELECTED  
 FOR CALIFORNIA, THE CUMULATIVE PERCENTAGE OF FISHES  
 FOR THE 100-METERED AND CUMULATIVE  
 PERCENTAGE OF FISHES

2. Make a ring of egg slices around top of salad. Divide remaining dressing over tomatoes and egg. (Or dress salad as home before the party.) Refrigerate salad until needed. (It's just before serving, garnish inside rim of bowl) with chili beads.

APPROXIMATE NUTRITIONAL VALUES PER SERVING:  
 300 CALORIES, 25% CARBOHYDRATE, 50% PROTEIN,  
 25% FAT (5% SATURATED), 10% FIBER, 10% FIBER,  
 10% FIBER, 10% FIBER, 10% FIBER.

## ITALIAN ANTIPASTO SANDWICHES

### SERVES 12

ACTIVE TIME: 25 MINUTES  
 TOTAL TIME: 25 MINUTES

The bold flavors of an Italian antipasto

salad of tomato, egg, and chili. (Or dress salad as home before the party.) Refrigerate salad until needed. (It's just before serving, garnish inside rim of bowl) with chili beads.

1. 1/2 cup (1/2 cup) Italian Dressing
2. 1/2 cup (1/2 cup) Italian Dressing
3. 1/2 cup (1/2 cup) Italian Dressing
4. 1/2 cup (1/2 cup) Italian Dressing
5. 1/2 cup (1/2 cup) Italian Dressing
6. 1/2 cup (1/2 cup) Italian Dressing
7. 1/2 cup (1/2 cup) Italian Dressing
8. 1/2 cup (1/2 cup) Italian Dressing
9. 1/2 cup (1/2 cup) Italian Dressing
10. 1/2 cup (1/2 cup) Italian Dressing
11. 1/2 cup (1/2 cup) Italian Dressing
12. 1/2 cup (1/2 cup) Italian Dressing

1. For ease of preparation, clear a work space large enough to accommodate the

## Salad Dressing

of 1/2 cup (1/2 cup) Italian Dressing. (Or dress salad as home before the party.) Refrigerate salad until needed. (It's just before serving, garnish inside rim of bowl) with chili beads.



- length of the baguette. Cut each baguette in half lengthwise, then slice each half of the way through lengthwise. Remove some of the crust, leaving dough from both the upper and lower halves. (Do not peel dough.)
2. Spread separately into bottom half of each baguette. Divide and layer cheese and meats on top of top half.
3. Press roasted red peppers and pepperoni onto top half of each baguette. Place top half onto bottom half and gently press sandwiches together.
4. Cut each half baguette into three equal widths and insert a linked toothpick into center of each sandwich to hold it together. To serve, arrange sandwiches on a platter.

APPROXIMATE NUTRITIONAL VALUES PER SERVING:  
 300 CALORIES, 25% CARBOHYDRATE, 50% PROTEIN,  
 25% FAT (5% SATURATED), 10% FIBER, 10% FIBER,  
 10% FIBER, 10% FIBER, 10% FIBER.

## MEDITERRANEAN CHICKEN KEBABS WITH FRESH HERB SAUCE

### SERVES 12

ACTIVE TIME: 1 HOUR 15 MINUTES  
 TOTAL TIME: 1 HOUR 15 MINUTES

Loaded with flavor, these kebabs of spiced chicken and vegetables will brighten any party menu. If using wooden skewers, be sure to soak them in water before

depending on the ingredients you also will prevent the wood from smoking.

#### Marinade

- 1/2 cup olive oil
- 1 cup orange juice
- 1 tsp red wine vinegar
- 2 tsp minced fresh garlic
- 1 tsp dried oregano
- 1 tsp ground turbin
- 2 tsp ground paprika

#### Keleba

- 2 lbs (or 3) boneless whole potatoes, skinned
- 4 lb boneless chicken breasts (skinned & cut into 1 1/2-inch cubes)
- 1 lb (or 1 1/2) par-shuffed sweet Spanish onions (2 medium-skinned Greek onions, skinned)
- 12 cherry tomatoes
- 2 large green bell peppers, seeded and cut into 1/2-inch squares
- 1 large sweet onion cut into 1/2-inch squares
- 1/2 tsp freshly ground black pepper
- 1/2 tsp kosher salt



Grilled keleba with fresh herbs and lemon juice.

### Grilled keleba

- **Fresh Protein** – Chicken, ground beef, pork, lamb, and pineapple
- **Grilled Appetizers** – Baby cut carrots & cherry Greek potatoes, broccoli, cauliflower, and cucumber arranged around a tomato dip
- **Meat and cheese skewers** – Four different arrangements of beef, pork, and chicken
- **Vegetable kebabs** – Use bulgogi to go with the meats and chicken, sliced tomato, onion, green leaf lettuce, olive oil, and vinegar, prepared in a marinade
- **Grilled Kebabs** – Add combinations of fresh baked rolls filled with ham, egg, tuna, and seafood salad
- **Caramelized Onions** – An international variation of the Thai Banana rice, including banana, onion, and extra sharp cheddar (prepared with grapes)
- **Hot Olive Dressing** – A rich and tangy hot dressing of our favorite dressing, including banana, onion, mild herbs, and macaroni

#### Grilled Keleba Sauce

- 1/2 cup olive oil
- 1/2 tsp kosher salt
- 1/2 tsp crushed red pepper flakes
- 1/2 cup fresh Italian parsley
- 1/2 cup fresh oregano leaves
- 1/2 cup fresh mint leaves
- 1/2 cup fresh basil leaves
- 1/2 cup orange juice
- 1/2 cup olive oil
- 1/2 cup red wine vinegar

1. Prepare marinade in a large bowl, combine all marinade ingredients. Mix well. Set aside 1/2 cup of marinade for grilling later.

2. Remove 1/2 cup of remaining marinade and use with potatoes in a medium bowl. Add chicken to large bowl of marinade and toss to coat. Cover both bowls and refrigerate for at least 4 hours and as long as overnight.

3. Thread kebab ingredients onto each skewer. Soak and red wine in olive. Each kebab should have 1 potato, 1 to 4 pieces of chicken, 1 to 2 pieces of onion, and several pieces of pepper and onion. Soak threaded kebabs across a baking sheet. Discard any

remaining marinade. Let kebabs come to room temperature before grilling.

4. Preheat grill to medium high. While grill is heating, prepare Fresh Herb Sauce. Place all fresh sauce ingredients in a blender or food processor, and blend until smooth. Set aside.

5. Place kebabs onto prepared grill and brush with reserved marinade. Cook grill and cook 3 to 4 minutes until well cooked (using tongs, turn kebabs and season with salt and pepper). Continue to cook and rotate at 3 to 4-minute intervals until chicken is cooked through (about 10 to 12 minutes total). Depending on the size of your grill, you may have to grill in two batches. Keep cooked kebabs warm by covering them with foil.

6. To serve, layer kebabs onto a serving platter. Drizzle herb sauce over kebabs. Serve any remaining sauce on the side in a gravy boat.

APPROXIMATE NUTRITIONAL VALUES PER SERVING:  
 400 CALORIES, 17% CARBOHYDRATE, 17% PROTEIN,  
 100 MG (1/2) TO 100 MG (1/2) SODIUM, 100% CARBOHYDRATE,  
 100% PROTEIN, 100% FAT

## THE RUSTIN FAMILY'S SWEET COCONUT CAKE

SERVES 16

ACTION TIME: 45 MINUTES

TOTAL TIME: 4 HOURS, 45 MINUTES

The original recipe is this cake was a "bride's shower gift." It's delicious and, luckily, the recipe (by the last name of Nancy) was willing to share it with us. If you're in a fresh, vibrant state, a whole cake may instead of making the cake better than scratch.

**Note:** The cake part of this dessert can be made up to a day in advance.

### Cake

- 2½ cups extra flour
- ½ cup salt
- 1 cup plus 2 tsp baking powder
- 1½ cups sugar
- ½ cup 18-ounce canister butter (room temperature)
- ½ cup vegetable oil
- 4 egg whites, beaten to firm state
- 1 cup vanilla extract
- ½ cup milk

### Topping

- 1 cup (weight) of condensed milk
- 1 cup cream (at least)
- 1 cup whipping cream
- 2 cups confectioners' sugar
- 3 cups whipped topping (such as Cool Whip)
- ½ cup shredded coconut

1. Preheat oven to 350°F. Grease and flour a 9 by 13-inch baking pan.
2. In a small mixing bowl, whisk together flour, salt, and baking powder for cake.
3. Using an electric mixer, beat sugar, butter, and oil at medium-high speed (about high) and fully about 4 minutes. Scrape down sides of bowl. Add 2 egg whites and mix until absorbed. Repeat with remaining egg 2 egg whites. Beat in vanilla extract. Scrape down bowl again.
4. With mixer on low speed, add half the flour mixture and mix until incorporated. Add half the milk and mix until

absorbed. Repeat with remaining flour and milk. Scrape down sides of bowl and then beat batter at medium speed for 2 minutes.

5. Pour batter into prepared pan. Tightly bang pan on counter a few times to get out any air bubbles. Bake for 25 to 30 minutes until a cake tester comes out clean. Let cake cool in pan on a wire rack.

6. Prepare topping. In a small mixing bowl, mix condensed milk and cream of coconut together until smooth. Note: If cream of coconut has separated, transfer contents of can to a microwave-safe bowl and microwave on high for 2 minutes. Whisk well until smooth and combined.

7. Using the handle of a wooden spoon, poke 20 holes into top of cake. Pour cream-coconut mixture into holes. Pour any

remaining coconut cream mixture over top of cake. Refrigerate until cake is cold (about 2 hours). Note: Cake can be prepared up to the day one day in advance.

8. Whisk cream and confectioners' sugar until stiff peaks form. Combine with whipped topping until evenly blended. Spread topping on top of cake and sprinkle with shredded coconut. Refrigerate at least one half hour up to 4 hours until serving time.

9. To serve, cut cake into 16 pieces.

APPROXIMATE NUTRITIONAL VALUES PER SERVING:  
500 CALORIES 16G CARBOHYDRATE 14G PROTEIN  
26G FAT 14G SUGAR 10G CHOLESTEROL  
20MG SODIUM 11 FIBER 4

Kimberly Moyne runs WOM Delivers, a recipe-development company in Miami.



go from  
**good**  
**to great**

when you add  
a little inspiration



Inspirations

Try these out-of-the-box  
ideas for a new take on  
an all-time favorite



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## pizza with



Enjoying a hot date isn't the only fun to be had on pizza night. At anyone who's ever tossed a bit of dough will tell you stretching dough is fun, as is shredding and sprinkling cheese. And pizza making goes now missing to the phrase "crazy as" when you pick toppings you like and arrange them creatively — a popovers happy face, a chicken-based panini, a banana-and-avocado-flavor, a circle of mixed mushrooms or slices a rainbow of red and yellow peppers.

Pizza from your local pizzeria, just as a possible and economical meal. But making pizza at home is a special event. It's also a good way to involve kids to cooking, or provide an entertaining focal point for a casual evening with friends.

Stretching the dough, choosing the best toppings, and watching the pizza baking in the oven add up to a cooking experience that can be both fun and delicious.

We offer recipes for four famous pizzas plus a source of additional ideas. As a friend whose family enjoys their own assembly pizza night advises: "You make a pizza with only the stuff you like."

### KEYS TO GREAT PIZZA

**Stretching the Dough:** We've all watched as pizza makers toss dough effortlessly into the air and we secretly wish we could do the same. But the reason they do it is simple: stretching the dough by hand, rather than using a rolling pin, creates a chewier, less dry crust.

To stretch the dough, dust your hands with flour and flatten the dough ball gently on a lightly floured surface. With one hand, resting on the dough to hold it in place, use the other hand to pull the edges outward, stretching and turning the dough until you've reached the correct diameter. At this point if you want a thicker crust, or to keep the dough from shrinking, in the dough rim and "pleat" for 3 to 5 minutes. Because the stretching is should be much easier. You can start one ball of dough and while it's rising, begin stretching another.

**Pizza Stones and Pizza Pans:** When cooking pizza, "hot and quick" is key. If you make pizza on a regular basis, you may want to consider using a pizza stone also called a baking stone (see "Food for Thought," page 7). A pizza stone, perforated

on a very hot oven, transfers intense heat directly to the bottom of the crust and drives moisture from the base of the dough, creating an evenly cooked, crisp crust. This method cooks the crust in approximately a wood-fired brick oven.

Place the pizza stone in the oven. (They warm up before baking, preheat the oven to 500°F [use a baker's proof for pizza stone]) — a large wooden or metal material with a large handle — to move the pizza in and out of the oven. You can also use a baking pan without sides. Sprinkle the pan with cornmeal or semolina to help the pizza slide easily onto the stone. To transfer your pizza, you will transfer easily onto the stone by slightly jerking the pan backward and forward. The pizza should slide easily if any part of the dough on the left is up and sliding, into cornmeal. Test again.

If you're using a pizza pan or baking sheet, put it on the lowest oven rack to cook. Preheat the oven to 450°F, when the pizza is ready to go in, raise to 500°F in the last baking minutes plus additional heat. Pizza cooks a lot slower this way so let it cook for a few minutes before adding the cheese and the cheese will be less likely to burn.

## PIZZA DOUGH

MAKES TWO 12-INCH PIZZAS

ACTIVE TIME: 5 MINUTES

TOTAL TIME: 1 HOUR 30 MINUTES

This dough can be made ahead and stored for two to three days in the refrigerator. Be sure the dough is at room temperature before using it. You can also double the recipe.

- 1 1-lb ball package active dry yeast
- $\frac{1}{2}$  cup warm water
- 3 eggs at room temperature, plus more if needed
- 2 tsp kosher salt
- 2 Tbsp olive oil, divided
- $\frac{1}{2}$  cup plus 2 Tbsp cool water, plus more if needed

1. In a small bowl, stir yeast into the  $\frac{1}{2}$  cup warm water (110–115°F). Water should feel warm, but not too hot, against your wrist. Let stand for 5 minutes until foamy.

2. In a large bowl, combine flour and salt. Add yeast mixture. If 2 Tbsp of oil are olive oil and cool water. Mix with a wooden spoon until dough comes together. Flour your hands and bowl; ball on a lightly floured surface for about 5 minutes, until smooth and springy. If dough is rough and sticky, add a bit of flour; if dough is crumbly and not coming together, add additional water. 1 Tbsp at a time. Alternately mix dough in a standing mixer equipped with a dough hook and knead with the mixer for 5 minutes. Dough may also be made with the dough hook. If in bowl, mix

dough. Follow rest of instructions.

3. Let dough rest for a minute on work surface while you shape bread above. Use remaining  $\frac{1}{2}$  Tbsp oil to grease bowl. Place dough in greased bowl, cover, and let rise until doubled in size, about 1 hour.

4. Place a large flour on your hands. Punch down dough and divide it in two. Roll each piece into a ball and then stretch the top of the ball down around the sides to the bottom to make a tight outer skin. Punch the bottom together to mark another layer down, and stretch and pinch together. Cover dough balls with a damp towel and let rise 15 to 20 minutes. As this point, dough can be rolled out for a pizza or placed in a plastic bag and stored in the refrigerator for up to three days.



1 HOMOGENIZED SUPERFAT MILK FOR SAUCE  
(NO-CHEESE) 1/2 CUP CARAMELS, 1/2 CUP  
1/2 CUP (1/2 CUP UNHEATED) 1/2 CUP CARAMELS,  
1/2 CUP CARAMELS, 1/2 CUP

## FAIR PIZZA SAUCE

MAKES ABOUT 1 1/2 CUPS SAUCE FOR

2 MEDIUM PIZZAS

ACTIVE TIME: 10 MINUTES

TOTAL TIME: 20 MINUTES

**Notes:** For a sweeter sauce, prefer the drained tomatoes in a food processor before cooking.

- 1 Tbsp extra virgin olive oil
- 2 cloves garlic, finely minced
- 1 (28-oz.) can chopped tomatoes, drained
- 1 pinch sugar
- 2 tsp dried oregano
- $\frac{1}{2}$  tsp salt or to taste
- $\frac{1}{2}$  cup fresh basil, stirred in at top, dried basil (optional)

2. Heat oil in a medium saucepan over medium heat. Add garlic and sauté for 1 to 2 minutes. Add tomatoes, sugar and oregano. Turn heat to high. When sauce begins to bubble, reduce heat to low and simmer, uncovered, for 10 minutes. Season with salt and acid (lemon juice). Let sauce cool as you prepare dough. Sauce may be stored in refrigerator for up to three days.





Place on pre-proofed pizza or baking pan. Spread pizza over surface of dough, leaving a ½-inch border. Top with chicken and chopped tomatoes. Sprinkle tomatoes with a little salt to bring out flavor. Top with cheese.

4. Slide pizza onto stone or place pan in oven and bake 18 to 22 minutes. Until edges of crust are golden and cheese has melted. When pizza comes out of oven, top with basil if using. Slice and serve immediately.

APPROXIMATE NUTRITIONAL VALUES FOR TWO  
SERVES: 400 CALORIES, 10g CARBOHYDRATE, 20g  
PROTEIN, 10g FAT (6g SATURATED), 20mg CHOLE-  
STEROL, 1,000mg SODIUM, 10g FIBER

**SHRIMP AND SALSA PIZZA WITH  
SOFT CHEESE AND CILANTRO PESTO**  
MAKES ONE SHRIMP PIZZA, 8 SLICES  
ACTIVE TIME: 25 MINUTES  
TOTAL TIME: 30 MINUTES

This pizza starts with crust-topped shrimp and mozzarella slices. The cilantro pesto is easy to prepare and adds another layer of flavor.

#### Cilantro Pesto

3. Cilantro stems
1. Jalapeño pepper
- 1 cup cilantro leaves and top stems
- 1 cup olive oil
- 1 tsp salt

#### Pizza

- 1/2 lb. uncooked shrimp, peeled and deveined
- 1 tsp salt, or to taste
- 1 tsp freshly ground black pepper, or to taste
- 1 tsp ground garlic
- 1 Tbsp olive oil
- 1 pizza-dough ball
- 1 cup cilantro stems
- 1 cup Monterey Jack cheese (country or similar) Salsa (recipe of recipe book)
- 1 cup crumbled goat cheese

1. Prepare cilantro pesto. Add garlic and jalapeño to a food processor and process until finely chopped. Add cilantro, olive oil, and salt and process until smooth. You should have approximately ½ cup cilantro pesto.

2. Preheat oven to 500°F and place pizza stone in oven for best fire. 30 minutes. Sprinkle pizza with cornmeal. Alternatively, grease a cookie sheet or baking pan with olive oil.

3. In a small bowl, toss shrimp with salt, pepper, and corn.

4. Heat a large skillet on medium-high. Add oil and cook shrimp about 1 or 2 min. until per side until shrimp is pink but slightly undercooked. (to keep it from overcooking, use the pizza). (Shrimp can be cooked ahead of time and refrigerated.)

5. Stretch out dough and place on a pizza peel sprinkled with cornmeal or greased baking pan. Spread pesto over surface of

dough, leaving a ½-inch border. Top with sauce, then shrimp. Slide pizza onto stone or place pan in oven. After baking for about 7 minutes, add goat cheese and bake another 3 to 5 minutes until outer edges of crust are golden. Slice and serve immediately.

APPROXIMATE NUTRITIONAL VALUES FOR TWO  
SERVES: 500 CALORIES, 10g CARBOHYDRATE,  
20g PROTEIN, 10g FAT (6g SATURATED), 20mg  
CHOLESTEROL, 1,000mg SODIUM, 10g FIBER

Catherine: *With this is the author of the newly released Running the Salsa line. Beyond Lately Grown — Invasive: Salsa with Issues. Whole Grains From Chicken and More.*



For bar cookies,  
it's hip to be square

# back to square one

**When it comes to baking, we love the square.** Think brownies and beyond — Given can be rich and chocolatey, sweet and nutty, tangy or tangy, baked in square or rectangular pans for cakes that all the corners taste of other-worlds — they taste great, they're fun to eat, they're possible: they add variety to Given — but they're easier to make, because there's no need to scrape, stir, roll, or cut out, too simply spread the batter into a pan and bake: then cut two-dozens or more bars from one batch. While each of our recipes may be halved and baked in an 8-by-8-inch or 9 by 9-inch pan, we prefer the larger 14-by 13-inch pan — you get double the number of cookies for the same amount of work. Use some today and keep the rest to have on hand when you need a quick dessert.

The squares on the following pages give you lots of variety: they're salty and crumbly, bubby and gooey, sophisticated and honey. Triple Peanut Squares with hidden gems of chocolate are reminiscent of snick bars, while Lemon Lane Squares bring to mind delicious citrus bars. Apricot Meringue Bars offer a triple layer of textures — honey crust, tart jam filling, and a chewy meringue topping. Raspberry Crunch Bars are like an easy fruit crisp, and Tiramisu Brownies, topped with a lovely homemade caramel drizzled with protein. You can serve these treats at a dinner party, bring them on a picnic, add them to a dessert buffet, pack them into your child's lunchbox, or nibble them all by yourself. Mix, bake, cut into squares, and enjoy!

by andree pyersan  
photographs by frances jersach





## TURTLE BROWNIES

SERVES 12 BARS

ACTIVE TIME: 1 HOUR

TOTAL TIME: 4 HOURS (INCLUDES TIME

FOR CHILLING) TO SET

Chocolate is certainly a treat — a truly heavenly combination. Inspired by the personal candy bar we homemade caramel and spicy fudgy brownies for a decadent delight. These brownies are more fudgy, luxurious than what bars — as you want... you can use a jar of commercial caramel sauce, but this homemade caramel is as our treat described a "really good."

## INGREDIENTS

- 1/2 cup heavy cream
- 1/2 cup granulated sugar, coarsely chopped

1. Preheat oven to 325°F. Line a 9-by-13-inch pan with parchment paper.
2. Place unsweetened chocolate, unsweetened chocolate, and butter in a large microwave-safe bowl and microwave on high for 2 minutes. Remove bowl from microwave and stir until chocolate has melted completely. If additional melting is needed, microwave in 30-second intervals, stirring well after each one.
3. With a wooden spoon, beat sugar and eggs into chocolate mixture. Stir in flour.
4. Pour batter into prepared pan and spread it evenly. Bake for 15 to 20 minutes, or until the top looks set and a toothpick inserted about 1 inch from the edge comes out clean. Cool pan on a rack.
5. While brownies are baking, start making caramel. In a medium saucepan, stir together sugar, water, and corn syrup. Cook over medium-high heat without stirring until mixture turns deep amber (about 15 to 25 minutes). Be patient! How quickly the sugar caramelizes can depend on the pan, heat source, and weather, but it will caramelize.
6. Turn heat to low and add butter and heavy cream. There will be a lot of splattering, so be careful. Stir until mixture is smooth, your hands and spoon. When splattering dies down, mix caramel until butter is fully melted. Remove from heat. Caramel will still be bubbling. Keep stirring until it's completely smooth. Allow caramel to cool for about 10 minutes.
7. Spread caramel onto cooled brownies and spread evenly with a spatula, so caramel completely covers brownies. (This may have a little more caramel left you, drizzled on ice cream, just heat it for a few seconds in the microwave.) Immediately sprinkle pecans over top, then press down slightly. Allow cooling for 24 hours, wait for caramel to cool completely and set, at least an hour, before slicing. Store in an airtight container at room temperature for up to five days, or freeze for up to six months. If you're going to freeze the brownies, don't cut them into squares until you thaw them.

## BROWNIES

4. 1/2 cup unsweetened chocolate, chopped (about 1-1/2 oz)
3. 1/2 cup unsweetened chocolate, chopped (about 1-1/2 oz)
1. cup (2 sticks) unsalted butter, cut into pieces
1. cup sugar
4. eggs, lightly beaten
1. cup all-purpose flour

## Caramel Topping

2. 1/2 cup sugar
- 1/2. 1/2 cup water
1. 1/2 cup light corn syrup
2. 1/2 cup unsalted butter

APPROXIMATE NUTRITIONAL VALUES PER SERVING:  
250 CALORIES, 100 CARBOHYDRATES, 10 PROTEINS,  
100 MG (200 MG) SODIUM, 1000 CALORIES,  
1000 CALORIES, 1000 CALORIES



[illegible]

While technically a dinner for three, fancy loaves will keep you all day long. And since they include oatmeal, you can even make a case for including in breakfast.

- 1) eggs all purpose flour
- 2) eggs rolled oats
- 3) egg almonds finely chopped
- 4) egg light brown sugar packed
- 5) egg almond oil
- 6) egg oil's mixing granulated sugar chilled
- 7) oil pure vanilla extract 1/2 cup
- 8) oil pure vanilla extract 1/2 cup
- 9) oil pure vanilla extract 1/2 cup
- 10) oil pure vanilla extract 1/2 cup

1. Puncture stems to 1/250" (cut to 4 by 11) and spray with insecticide spray. Be sure to spray sides of stem thoroughly as thrips usually spray inside to edges.
2. In a large bowl mix together flour, corn, chopped almonds, brown sugar, and almond extract. Add butter to mixture, and mix it with your hands until it will hold itself. Alternatively pulse dry ingredients in a food processor. Add almond extract and butter, and process just until crumbly.
3. Press slightly more than half the mix into one of the prepared pans and set aside the rest. Bake for 13 to 15 minutes, just until firm.
4. Remove crust from oven and spread with raspberry spread. Sprinkle remaining crumbs on top, evenly, and bake again.

spread. Take for another 75 to 90 minutes, until spread begins to bubble and crumble top is pale gold.

2. Transfer gum to a sack and let stand completely before cutting into 14 square slices in a slightly sealed container at room temperature for up to three days or freeze for use on day normally.

1. The first step is to identify the problem. This involves understanding the current situation and what needs to be changed.

[illegible]

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Five true ground hoppers, six scump hoppers, numerous unknown hoppers, and several beetles.



ridge! Plus a 1/4 cup + heaping spoonful each bowl. Invert. Butter-milk is the butter keeps the heat soft and moist, making these squares taste like a cake between a cookie and a stack cake.

- 3. Sift all complete flour
- 1/4 cup butter-milk
- 1/4 cup salt
- 1/4 cup (1 stick) unsalted butter at room temperature
- 1/4 cup smooth-cream butter
- 1/4 cup sugar
- 3 eggs
- 1/4 cup vanilla extract

- 1/4 cup butter-milk
- 1/4 cup unsalted peanuts (strains dropped)
- 1/4 cup smooth butter chips
- 1/4 cup semisweet chocolate chips

1. Preheat oven to 350°F. Spray a 9-by-13 inch pan with nonstick spray.
2. In a medium bowl, combine flour, baking powder, and salt. Set aside.
3. In a large bowl, use an electric mixer to mix flour, sifted in cream together butter, peanut butter, and sugar for 2 to 3 minutes until well blended. Beat in eggs and vanilla just until combined.
4. With mixer on low alternately add flour

- mix-ins, and butter-milk in three additions, mixing with low. Mix just until blended, scraping down sides of bowl after each addition.
- 5. Stir in peanuts, peanut butter chips, and chocolate chips.
- 6. Spread batter into prepared pan and bake at 350°F for 30 minutes, or until a toothpick sticks in center comes out clean and surface is firm to the touch. Transfer pan to a rack and cool for 15 minutes before cutting into 24 squares. Store in an airtight container at room temperature for up to three days, or wrap and freeze for up-to-one month.

APPROXIMATE NUTRITIONAL VALUES PER SERVING (24 SQUARES): 210 CALORIES, 120 CARBOHYDRATE, 10 PROTEIN, 10g FAT (5g SATURATED), 100g FIBER, 10g SUGAR, 10g SALT.

## LEMON-LIME SQUARES

MAKES 24 SQUARES

ACTIVE INGREDIENTS

TOTAL TIME: 1 HOUR 15 MINUTES

These layered bars combine the appeal of cake and cookies, with a buttery shortbread crust and a creamy, tangy lemon filling. Flacks of lime zest add a sophisticated twist to a classic flavor that's popular at afternoon tea.

## Metal vs. Glass

The 9-by-13 inch pan is as little as a few different materials, including low-cost plastic, stainless steel, and glass. High-quality heavy-gauge stainless is usually the favored one in plastic because it conducts heat evenly and produces fairly consistent results. But, stainless conducts heat more slowly as they tend to bake the batter more quickly and produce a higher crust than some other metal pans. Stainless glass baking pans aren't best, since they are poorer glass because you can see how the bottom of the batter has cooked. If you use a thin stainless or glass pan, you should reduce the oven temperature to 250°F to ensure more even baking.

LEMON-LIME SQUARES





#### Crust

- 3 cups all-purpose flour
- 1 cup sugar
- 1 cup (2 sticks) unsalted butter

#### Filling

- 4 eggs
- 1/4 cup sugar
- 3 Tbsp. all-purpose flour
- 1/4 cup salt
- 1/2 cup fresh lemon juice
- 2 tsp. lime zest, from 2 limes
- Optional:* 1/2 cup sugar-free sweetener

**1.** Preheat oven to 350°F.

**2.** In a bowl, mix flour and sugar. Using a

patent blender or fork, cut in butter until clumps are gone. Or: Blend flour and sugar in a food processor; add butter and process until the consistency of crumbles. Press mixture into the bottom of an ungreased 9-by-13-inch pan. Bake until golden around the edges and slightly firm to the touch, about 18 to 20 minutes.

**3.** While crust is baking, prepare filling. With an electric mixer, beat egg yolks medium speed. Gradually add sugar while continuing to beat. Mixture should be thick and lemon-colored. Mix in flour and salt. Set in lemon juice and lime zest and mix until smooth, about 30 to 35 seconds.

**4.** When crust is done baking, pour filling into pan, spreading it evenly. Bake until a

test sheet (2 1/2 x 1 1/2 inches) do not cup back. Surface should be light golden yellow very slightly firm on top.

**5.** Transfer pan to a rack and cool completely about 20 to 30 minutes. Dust lightly with confectioners' sugar when cut into 24 squares. Store in an airtight container in refrigerator for up to three days, or freeze for up to one month.

*APPROXIMATE NUTRITIONAL VALUES PER SERVING (24 SQUARES): 100 CALORIES/10% DV FAT/10% DV PROTEIN/10% DV CARBOHYDRATE/10% DV FIBER/10% DV SODIUM/10% DV SUGAR/10% DV SALT.*

#### APRICOT MERINGUE SQUARES

MAKES 24 SQUARES

ACTIVE TIME: 30 MINUTES

TOTAL TIME: 1 HOUR, 30 MINUTES

This variation on Lemon Lime Squares makes a really new dessert, with apricot preserves sandwiched between shortbread crust and a chewy white meringue.

**1.** Follow mixing instructions for crust in Lemon Lime Squares recipe, but add 1 cup lemon zest with lemon. Bake crust in 350°F for 25 to 28 minutes until pale gold.

**2.** While crust is baking, set an electric mixer on medium to whisk 2 egg whites until they form soft peaks. Gradually add 1/4 cup sugar, beating until egg whites form stiff peaks. Fold in *cherry finely chopped walnuts* (if desired).

**3.** When crust is done baking, stir in 1/2 cup (about 1 1/2 cups) apricot preserves, then spread evenly over crust. Spread meringue over preserves. Bake for 15 to 20 minutes until meringue is pale gold.

**4.** Cool pan completely on a rack before cutting into squares, about 25 minutes. These are best the day they're made but can be stored in a cool, dry place at room temperature overnight.

*APPROXIMATE NUTRITIONAL VALUES PER SERVING (24 SQUARES): 100 CALORIES/10% DV FAT/10% DV PROTEIN/10% DV CARBOHYDRATE/10% DV FIBER/10% DV SODIUM/10% DV SUGAR/10% DV SALT.*

*Author: Pyram is a Boston-based food writer and editor.*

FOR YOUR HEALTH

# Organics Unleashed

And everywhere at your local Hainanland

BY KUTTY BROOKER AND BO FRIEDMAN

**O**rganic foods have gone mainstream. Consumers are driving that green market with their desire for more natural, nutritious, and environmentally sound products, and Hainanland is answering the call — with more organic options than ever before. So now's the time to get acquainted with all of your choices.

What exactly is organic? According to the USDA's National Organic Program, organic refers to food in the way it is grown, handled, and processed. Organic foods are produced without using most conventional pesticides, herbicides, made with synthetic ingredients, biotechnology,

or animal antibiotics. This means you've found the way some way less today we benefit from the environment of purchasing organic foods at our local supermarkets.

At Hainanland, we know consumers are interested in organics and want to incorporate them into their daily lives. We're demonstrating our commitment to help throughout our stores. Our stores stock more than 1,000 natural and organic products including 1,000 that are organic.\* says Peter Vaid, Team Leader of Organic and Natural at Hainanland. "This way of life is growing, and Hainanland is responding with a wide selection of products to satisfy our customers' needs."

You may have already noticed our new Hainanland Place™ line of organic and natural foods. The Hainanland Place brand and label mean high quality products at a great value. We've given our line a fresh new look, and added hundreds of items you'll find across the store. Over the past few months we've expanded our line of Hainanland Place products with an emphasis on organic. Now more of our stores stock nearly 300 items on the Hainanland Place product line — everything from breads to beef, soy milk to salad dressing. The line will continue to grow, with many new organic items added to the mix that meet our high standards and appeal to our customers.

Try some of the new Hainanland Place products in your favorite recipes, or get your own at the recipes that follow. You'll see that natural and organic ingredients can help you eat the good foods while giving your body your best health and your palate.

## TERIYAKI BEEF AND NOODLE BOWL

Serves 4

Active time: 20 minutes

\*Based on 2010 USDA National Organic Program (NOP)



This small meal-based gyro is a study in convenience from organic sources while the garlic, tomato, and onion enhance the chicken flavor.

- 1 1x Nature's Place Beef Breast (minimum 20 minutes)
- 3 1/2xg. bottled teriyaki sauce
- 2 1/2xg. organic apple oil
- 2 1/2xg. bottled sesame oil
- 1 (22 oz.) package frozen cauliflower rice
- 1 red bell pepper, seeded and thinly sliced
- 5xg. onion, thinly sliced
- 1 1/2xg. minced garlic
- 1/2xg. finely ground black pepper
- 4 (20 oz.) 1/2 inch beef patties
- 4 1/2xg. Nature's Place Organic Whole Wheat Breadcrumbs (soak into 2 cups water)
- 3 1/2xg. onion, thinly sliced

1. At least 140 hours (and up to 5 hours) before cooking: place trimmed chicken and teriyaki sauce into a gallon seal-top zip plastic bag. Flip the bag a few times to ensure meat is covered with sauce. Place bag of meat in refrigerator until you are ready to cook.
2. When ready to cook, remove chicken from refrigerator and let it warm a bit on counter. When oven reaches to highest point on and preheat broiler to high.
3. In a stockpot, over medium heat, warm onion and tomato cube. When oil has hot, add broccoli slaw, red pepper, onion, garlic and black pepper. Cook stirring, for about 5 minutes or until broccoli slaw is tender and bright green. Transfer vegetables to a bowl and set aside.
4. Remove pot to heat, add beef, and broil for 10-12 minutes. When beef is boiling, add frozen spaghetti pieces and cook until just tender, about 12 to 15 minutes.



PHOTO COURTESY, NATURE'S PLACE ORGANICS

5. While waiting for beef to broil, broil slaw and onion, cooked through (not pink in center), about 5 to 10 minutes. When slaw is cooked, transfer to a serving bowl and let cool 5 to 10 minutes, then cut beef into the diagonal into 1/2 inch thick slices, on side.
6. Add vegetables back to pot, with spaghetti to mix and heat through. To serve, use cups to divide vegetables and spaghetti among four bowls. Top each portion with some of the beef, dividing it evenly among bowls. Ladle broth over each portion and garnish with scallions.

APPROXIMATE NUTRITIONAL VALUES PER SERVING  
 70 CALORIES 10% CARBOHYDRATE 20% PROTEIN  
 10% FIBER 5% SODIUM 10% CHOLESTEROL  
 10% FAT 10% SUGAR

## OVEN-FRIED BUTTERNUT SQUASH DRUMSTICKS

SERVES 4

ACTIVE TIME: 20 MINUTES

PREP TIME: 1 HOUR 15 MINUTES

Missing fried chicken? Our version has the crispy coating that fried chicken is famous for, plus extra flavorful chicken made on water and the more, better, still tastes all day.

- 2 (1x lb.) 1/2xg. Nature's Place All Natural Fresh Chicken Drumsticks (50-60 each)
- 3 1/2xg. Nature's Place Organic Chipotle Mayo
- 4 1/2xg. olive, toasted wheat germ
- 1 1/2xg. garlic powder

## What Does the USDA Organic Seal Mean?



Some organic foods bear the USDA Organic seal, which tells you that the product is at least 95 percent organic, and that the farms or production facilities the food came from have been inspected and approved by the government. The seal can be found on signs throughout our Produce department, on a sticker on individual pieces of fruit or vegetable, on packages of meats and cereals, on cans of milk or eggs, and on packages of cheese. Only foods that are 100 percent (or 95 percent) organic may display the USDA Organic seal.

## FOR YOUR HEALTH

- 3. **Tip:** experiment paper
- 4. **Tip:** Nature's Place Organic Buttermilk Biscuits are delicious

1. Preheat oven to 400°F. Cover a rimmed baking sheet with foil, generously coat foil with cooking spray. Remove skin from chicken and discard.

2. Pour small into a gallon-sized zip-top plastic bag, seal bag. Using a rolling pin, crush cereal. Add whole green garlic pods, and cayenne pepper to bag, seal bag again, and shake to combine. Roll down sides of bag, you'll use it for toasting the lent. Pour oil dressing into a shallow bowl.

3. Working with one drumstick at a time, hold it flat from the end of the bone and coat with oil dressing. Wipe away any excess with a paper or paper towel. Then roll the lent in a crushed cereal mixture...

pressing out any extra chicken. Place coated drumsticks on prepared baking sheet. Continue with remaining drumsticks.

4. Bake chicken for 45 minutes or until cooked through (170°F). Drumsticks will be golden and crisp. Serve immediately with roasted green beans or a salad and mashed potatoes.

APPROXIMATE NUTRITION: 100g PER SERVING  
100 CALORIES, 10g CARBOHYDRATE, 10g PROTEIN  
10g FAT (10g SATURATED), 10g CHOLESTEROL, 10mg SODIUM, 10g FIBER

### MAPLE-RAISIN BREAD PUDDING

ACTIVE TIME: 15 MINUTES  
TOTAL TIME: 45 MINUTES

## Guide to Organic Food Terms

**100% Organic** Every ingredient in the product has been certified, harvested, and processed in an organic environment as approved and verified by the USDA.  
**95% Organic** 95%-100% organic.  
**Made with organic ingredients** at least 75% of ingredients are organic.

Bread pudding is the epitome of comfort food. This version features sweet organic maple syrup, raisins, and delicious multi-grain bread. Suitable for dinner when topped with a scoop of frozen yogurt or this pudding is also good the next day for breakfast — warm it in the microwave.

- 10. **Tip:** Nature's Place Organic Multigrain Bread

- 11. **Tip:** organic skin milk
- 12. **Tip:** organic maple syrup
- 13. **Tip:** organic refrigerated liquid egg whites or whites of 2 organic eggs
- 14. **Tip:** vanilla extract
- 15. **Tip:** organic raisins

1. Preheat oven to 325°F. Grease a 9x9-quart casserole dish or 8-by-8-inch pan with cooking spray or butter. Cut bread slices into 1/2-inch cubes and toast.

2. In a large mixing bowl, whisk together milk, maple syrup, liquid egg whites, and vanilla extract. Add bread cubes to bowl. Using a wooden spoon, stir mixture to coat bread cubes thoroughly. Transfer to casserole dish or prepared pan.

3. Bake for 30 to 35 minutes or until lightly browned on top. Let pudding cool at least 10 minutes before serving. If desired, garnish each portion with a scoop of frozen yogurt (yogurt is nice) and a drizzle of cold local maple syrup.

APPROXIMATE NUTRITION: 100g PER SERVING  
100 CALORIES, 10g CARBOHYDRATE, 10g PROTEIN  
10g FAT (10g SATURATED), 10g CHOLESTEROL, 10mg SODIUM, 10g FIBER

**Patricia Boucher MS RD** is a freelance writer and cookbook author in Portland, Maine.



# Simple Summer Suppers

More flavor, less fuss

BY CAROLYN PAGE JOE PHOTOGRAPHS BY FRANCIS JAWORSKI

Whether you're feeding your family or entertaining your friends, summer is the season to prepare the easiest possible meals while spending the least possible effort. Keep your cool in the kitchen by cooking smart: cook up instead of using the oven. Buy an ingredients can be prepared ahead of time, as is your schedule. Finally, round out the main dish with simple accompaniments, such as fresh steamed vegetables or one of our ready-to-serve side dishes.

Greenugg suggests buying any meat "becoming or microwaving as a quick way to cook while maintaining moisture." Spaghetti, one of the season's most elegant and versatile vegetables, complements many dishes. Here it's warm, lightly steamed and flavored with a sprinkle of lemon juice or at room temperature, dressed with olive oil, garlic, and a bit of balsamic vinegar. Try fresh, green beans, sliced zucchini, or broccoli florets steamed and tossed with a can of drained chickpeas and a sprinkling of pesto.

Season your vegetables to complement your main dish. For example, the Tostitos flavor packs of the Southwestern Roast Beef Chicken marries with other Southwestern seasonings: an sprinkle some fresh cilantro and freshly chopped onion on nachos for a side dish. With its Mediterranean-inspired flavors, the Orzozy Orzo pasta will suit a wide range of herbs. Chopped fresh dill, rosemary, basil, or mint can add up to any combination of steamed vegetables, or to a simple salad of sliced fresh tomatoes. You can complement the warm, deliciously complex flavors of the Spicy Summer Roll Beef Lettuce with a crisp salad of sliced cucumber, fresh mint, and a spritz drizzle of sesame miso dressing plus yogurt.



## ORZOZY ORZO WITH SARDINES AND PEAS

SERVES 4

ACTIVE TIME: 30 MINUTES

TOTAL TIME: 40 MINUTES

Not your everyday pasta dish? Drawing inspiration from the flavors of Spanish paella (quinoa, shrimp and peas) and

French bouillabaisse (orange and), this is a terrific dish for potluck or picnic. You can add the sardines before you fix the salad — as they thaw, they'll keep the dish cool.

1. [QUINOA](#)
2. [SARDINES](#)
3. [PEAS](#)
4. [ORZO](#)





- 1 Chop 2 pig legs into 1-inch-thick strips and soak in 1 quart milk.
- 2 Soak onion, white and green part, finely sliced.

1 Make dressing in a medium mixing bowl, whisk together oil, garlic, lime juice, vinegar, honey, mustard, and salt. Set aside.

2 Strip meat from shanks in large pieces and cut into bite-size chunks. Place in a bowl and mix with half the dressing.

3 Toss a serving platter with greens. Top with chicken, sprinkle with onions and drizzle with remaining dressing. Serve immediately.

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## SPICE-SIMMERED RED LENTILS AND RICE

SERVES 4  
ACTIVE TIME 30 MINUTES  
TOTAL TIME 40 MINUTES

They red-simmer lentils cook up much faster than their green and brown cousins. It's best to make a big pot, because this is even better the next day, and keeps for several days in the fridge. Serve over a bowl of rice with some of your favorite Homemade Tomatillo Salsa.

### Notes

- 1 Swap water.
- 2 Swap long-grain white rice.
- 3 Cilantro sticks (optional).

### Lentils

- 2 Red lentils
- 2 cups dry vegetable broth (or beef broth, half water)
- 1 lb. dry red lentils
- 1 16-oz. 1 can tomatoes, paste
- 1/4 tsp. salt
- 1/4 tsp. onion
- 1/4 tsp. cumin
- 1/4 tsp. hot/very hot sauce
- 1/4 tsp. cilantro

- 1 1/2 cups water
- 1 1/2 cups

1 Prepare rice in a medium rice pot, long-simmer, rice and tomatoes added to a boil, then reduce to a simmer and cover. Cook rice on low for 45 minutes, or until water has been absorbed. Let stand, covered, while lentils finish cooking.

2 While rice cooks, prepare lentils. In a large pot, add dry lentils to bowl and bring to a boil. While lentils simmer, pour lentils in a bowl, cover.

3 When lentils are in bowl, combine-paste tomatoes, onion, onion, onion, and

covered, until lentils are softened and most (but not all) of the liquid is absorbed, about 25 to 30 minutes. Stir frequently to keep lentils from sticking, as they absorb liquid. Add more water as necessary.

4 When lentils have softened, add brown sugar and salt. Taste, and adjust seasonings. Serve immediately, topped with bowl of rice. May be made a day before and reheated.

APPROXIMATE NUTRITIONAL VALUES PER SERVING  
PER CALORIES: 100g CARBOHYDRATE 30g FIBER  
10g FAT 10g PROTEIN 10g CHOLESTEROL  
1 1/2 cups water 1/2 cup rice

### SPICE-SIMMERED RED LENTILS AND RICE



## Going Mediterranean

**It's time to ditch the carbons.** Your stomach has agreed and so, the reason to be afraid: Make the most of it by matching the wholesome Mediterranean food platters from our *Charles Fries* family with the array of those carbony dairy choices. Covered by flames is two great fresh ingredients and an active lifestyle. Mediterranean wines a lot more made for the healthful diet. They're affordable and plentiful to boot. For the classic *Pepperoni* pizza, play up the French the one with *Peppé Dini* (a true tale of how ever was done) or the *Pepperoni* from *Charles Fries*. For *Isabelle Grilled Vegetables*, try *Autumn Parables* 450° *Espresso* on *Brine*. The Italian *Acquasanto Sandwiches* must down well with a *Charles Chausso* from *Pepper Dini*. *Wine* on a refreshing *Peppé Gringo* from *Kiki*. Enjoy the *Mediterranean* *Charles* *Salads* with *Pepper Vegetables* (from *Kiki*) or *Pepper Dini* *Charles* (from *Peppé*).

Nothing beats *cigars* for casual gatherings — sit, sip and savor. For the "blended" version, use any of your favorite non-oxidative dry white wines (see Chardonnay's warning on oak). Pinot Grigio is a good choice, but you can pay homage to somewhat humble origins with a white Burgundy from Spain such as *Morado de El Esteco*.



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[illegible][illegible]

10. [The Best of the Best](#) by [The Best of the Best](#)

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The surgery is usually an 4 hours, but the duration can greatly increased if you fail to shed unwanted.

- 1. Pinot Noir (2% cup to dry white wine)
- 2. cup orange liqueur
- 3. cup sugar
- 4. orange liqueur (1/2 cup) (1/2 cup) (1/2 cup)

- 1) **leaves** (upstated) **widened** and **thick** **slight**
- 2) **red** **spike** (upstated) **halved** **coral** and **thick** **slight**
- 3) **up-stemmed** **widened** (stems) and **halved** (if lamp)
- 4) **to** **the** **green** **grass**, **brother** on a **long** **stomach**
- 5) **some** **coral** **leaves** **slight** **slight**

**I**n a large pitcher, mix water, sugar, and sugar until sugar dissolves. Add orange, lemon, apple, and strawberries. With a wooden spoon, press fruit against sides and bottom of pitcher slightly. Chill, 1 hour.

See us later & leave, preferably overnight. If making dinner, please allow for a morning illness.

■ Just before serving, stir in chilled sparkling apple cider. Serve in wine glasses or goblets with some of the foam, adding rest in individual foam, cream.

APPROXIMATE QUANTITIES, VALUES PER UNIT AND  
UNIT-QUOTIENTS FOR COMBINATIONS OF THE FIRST  
AND THE SECOND SETS OF QUANTITIES.

— Editors: Volpe with contributions from  
Tom Merson-Davies and the late Peter Merson

Like a fine wine, each comes  
with its own set of adjectives.

2007



floral



Like grapes from a growing region, chocolate that comes from a single origin has its own unique flavors and tasting notes.

Explore Artiba, dark milk chocolate born from a rainforest of Timora, or São Tomé, intense dark chocolate from a volcanic island.



spicy



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## Inspirations

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1. *Two-dimensional*  $\mathbb{R}^2$  is the plane. The origin is the point (0,0). The x-axis is the horizontal line. The y-axis is the vertical line. The distance from the origin to a point (x,y) is  $\sqrt{x^2 + y^2}$ . The angle from the positive x-axis to the line segment from the origin to (x,y) is  $\arctan(y/x)$ . The area of a region in the plane is  $\int \int_R dx dy$ . The volume of a solid in 3D is  $\int \int \int_V dx dy dz$ .

13. The number of people who are not in the market is 100,000. The number of people who are in the market is 100,000. The number of people who are in the market is 100,000. The number of people who are in the market is 100,000.

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1. **Read the passage** and choose the correct answer (A, B, C or D).
2. **Read the passage** and choose the correct answer (A, B, C or D).
3. **Read the passage** and choose the correct answer (A, B, C or D).
4. **Read the passage** and choose the correct answer (A, B, C or D).



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